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Contact:
Meghan McGinley Arnone
meghan@sagharborcinema.org
631-800-3165

Sag Harbor Cinema's Lighthouse Project Presents "Veteran Mental Health" Sunday, November 15, 2026 at 11am at Sag Harbor Cinema

Free series on mental health awareness will include film screenings and an expert-led panel discussion with an audience Q&A.

Sag Harbor, NY — Sag Harbor Cinema continues its Lighthouse Project, a year-round film and discussion series dedicated to mental health awareness, advocacy, and action. Free and open to the public, the series uses film as an entry point for expert-led discussions that help reduce stigma and make information about mental health conditions and their treatment more accessible.

On Sunday, November 15, Sag Harbor Cinema's Lighthouse Project returns with a program focused on veteran mental health. The film program begins at 11am, followed by an expert-led panel discussion at 1:30pm exploring the lasting psychological impact of military service and the importance of community support for veterans and their families. Light bites and refreshments will be served during the discussion.

Two films are part of this edition of the Lighthouse Project. In the feature film *Leave No Trace* (2018), director Debra Granik follows Will (Ben Foster), an Iraq War veteran living with PTSD, and his teenage daughter, Tom (Thomasin McKenzie), who have made a home in the forests of Oregon. When their secluded life is discovered, they must navigate a return to society while confronting the challenges of adapting to a world from which they have withdrawn.

In the short video *Bearing Witness* (2026), veterans participating in the June 2026 STR 37 program organized by Shelter Island-based nonprofit Strongpoint Theinert Ranch take part in a retreat structured around shared activities, including a service project. The film captures their reflections on military service and mental health, as well as the connections formed through their experiences together.

The 1:30pm panel discussion will feature Desiree Romaguera, PsyD, Director of the Unified Behavioral Health Center for Military Veterans and Their Families at Northwell Health, and Benjamin Fischer, a U.S. Army veteran who served two combat tours in Iraq and also serves as a Resiliency Trainer with Brothers at War and Brothers After War. James "Jimbo" Theinert, President and Facilitator of Strongpoint Theinert Ranch and a Gold Star Brother, will moderate the conversation, which will include an opportunity for audience questions.

"*Leave No Trace* is a thought-provoking film that portrays an example of how PTSD can affect a veteran's life," said Benjamin Fischer. "While every veteran's experience is different, the transition from military to civilian life can present challenges that aren't always visible. Organizations like Strongpoint Theinert Ranch provide an opportunity for veterans to reconnect, share experiences, and rediscover the camaraderie and support that are so important during and after military service."

"Unresolved trauma can profoundly alter our relationship with ourselves and the world around us," said Dr. Desiree Romaguera. "*Leave No Trace* portrays the grip of unresolved trauma and how difficult it can be to loosen our reliance on defense mechanisms that once helped us survive but interfere with creating a new story outside of seeking safety. *Bearing Witness* shows us how emotional processing and leaning into connection can make a world of difference on the healing journey. Together the films help us reconsider the delicate balance between protection and freedom."

"The transition out of service can be challenging when veterans must shift their focus from a larger mission to themselves," said Jimbo Theinert. "Programs like Strongpoint Theinert Ranch leverage veterans' familiarity with military training while encouraging them to turn their focus inward. The shared bond of military service creates an environment where veterans can openly discuss challenges, exchange strategies, and support one another."

"The Lighthouse Project offers an opportunity to better understand experiences different from our own," said Mark Lubell, Executive Director of Sag Harbor Cinema. "We are grateful to the veterans and mental health professionals whose perspectives continue the conversation beyond the screen."

The Lighthouse Project was founded by two Sag Harbor Cinema Board Members: Bill Collage, Education Chair, and Dr. Diana Diamond, Education Committee Member. It is led by Dr. Meghan McGinley Arnone, Director of Education & Grants Management at Sag Harbor Cinema.

Registration is required for this free community program as seating is limited. Please reserve a spot in advance at sagharborcinema.org to attend the film program and the panel discussion, or only the panel discussion.

This edition of the Lighthouse Project is generously supported by Bobbie Braun/The Neuwirth Foundation.

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ABOUT THE FILMS

LEAVE NO TRACE
Directed by Debra Granik
USA, 2018; 109 mins, in English
Rated PG

Will, an Iraq War veteran struggling with PTSD, lives off the grid with his teenage daughter, Tom, in the forests of Oregon. When their secluded home is discovered, the two must navigate a return to society, testing their bond as Will confronts the lasting effects of his military service.

BEARING WITNESS
USA, 2026; 10 minutes, in English
Unrated

Featuring veterans participating in Strongpoint Theinert Ranch's June 2026 STR 37 program, the short video captures their shared activities and reflections on military service and mental health. It was produced under the leadership of Brian Burwell, U.S. Army veteran and STR board member and facilitator, in collaboration with 1m².

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ABOUT SAG HARBOR CINEMA

As a not-for-profit, community-based organization, Sag Harbor Cinema is dedicated to presenting the past, present, and future of the movies and to preserving and educating about films, filmmaking, and the film-going experience in its three state-of-the-art theaters. The Cinema engages its audiences and the community year-round through dialogue, discovery, and appreciation of the moving image—from blockbusters to student shorts and everything in between. Revitalized and reimagined through unprecedented community efforts to rebuild the iconic Main Street structure after a fire nearly destroyed it in 2016, SHC continues a long

historic tradition of entertainment in the heart of Sag Harbor Village. Visit sagharborcinema.org for more information.

ABOUT STRONGPOINT THEINERT RANCH

Strongpoint Theinert Ranch (STR) is a Shelter Island-based nonprofit organization established to honor the legacy of 1LT Joseph J. Theinert, who was killed in action in Afghanistan in 2010. After welcoming his platoon to Shelter Island following their deployment, the Theinert-Kestler family envisioned a place where veterans could reconnect and find support through shared experiences. Today, the volunteer-run organization offers retreats at no cost to active-duty service members and veterans as well as military and Gold Star families at its ranch in New Mexico. Visit strongpointtheinert.org for more information.